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April, May
June 1985

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ALCOHOL AND DRUG ABUSE DIVISION
MONTANA DEPARTMENT OF INSTITUTIONS
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The Alcohol and Drug Abuse Division would greatly appreciate your furnishing us the following prevention information.

Number of schools to which your program provides services.

High School _____ Junior High _____ Elementary _____

Number using the K-12 Alcohol Education Curriculum [all or in part]

High School _____ Junior High _____ Elementary _____

Upon completion of your survey, please mail this form to ADAD, 1539 11th Avenue, Helena, MT. 59620 or include with your monthly ADIS Reports.

COURT HOLDS TOWN LIABLE FOR POLICE OFFICER'S NEGLIGENCE

From Oregon A & D Program Newsletter, Mar. 1985

The Massachusetts Supreme Court has ruled that towns can be held legally liable for the inaction of police in drunk driving cases.

The ruling came in the case of Debbie Irwin who in a lower court won an \$873,000 settlement against the town of Ware, Massachusetts. Mrs. Irwin sued the town after Ware police officers allowed a drunk driver to continue driving. Moments later the driver slammed into Mrs. Irwin's car, killing her husband and 20-month-old daughter.

The state appealed the lower court's ruling to the supreme court which upheld the lower court's decision in favor of Mrs. Irwin.

ACCIDENT SURVEY SHOWS NEARLY 3/4 OF DRIVERS HAD PRIOR DUI OFFENSES

The National Transportation Safety Board made a random survey of 51 alcohol-related fatal traffic accidents in 15 states between 1982 and 1984. Nearly 3 of every 4 drivers (37) involved in fatal accidents had prior alcohol-related traffic offenses. About 1/3 were driving with suspended licenses.

Safety board chairman James Burnett says the data illustrates the inability of alcohol treatment centers, the judicial system and law enforcement agencies to deal effectively with a problem that takes the lives of 27,000 Americans every year. He says the study is "not meant to be a statistically valid survey reflecting the situation across the country." The data, along with interviews of 40 repeat offenders, shows "there are gaps -- perhaps chasms -- in various state operations meant to deal with the problem of the drunken driver."

MICHIGAN HIGH SCHOOL WANTS TO GIVE ACADEMIC CREDIT
FOR DRUG REHABILITATION

Haslett High School, located in a suburb of Lansing, Michigan, wants to give academic credit to student drug users who seek treatment for their problems.

In proposing the new plan, assistant principal Richard Beal said, "We are dealing with an issue that is commonplace. Some schools choose to bury their heads in the sand or kick kids out of school. It is our responsibility. We see the kids every day. Those schools that don't encourage this kind of support are missing the boat, and families suffer."

If the program is approved, chemical dependency will become an elective subject with up to three credits. The number of credits will be determined by the number of hours spent in treatment programs.

From: The Oregon A & D Program
Newsletter March 1985

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PLANNING TO DO PREVENTION?
THINK ABOUT THIS

A recent study reported in the Journal of Youth and Adolescence notes that adolescents and adults are similar in the average time span that they tend to look ahead, i.e., about 4 to 6 years.

Think about it! If there is little possibility of encouraging people to plan beyond about 5 years. How can you tell people about such major issues facing America as pollution, energy depletion, nuclear devastation, or for that matter, the long range effects of alcohol and other drug abuse!

Reported by: Stephen Feldstein, Bureau of Drug Abuse

From: "Network"
Ohio Department of Health Newsletter

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The Montana Advisory Council on Alcohol and Drug Dependency met on June 13, 14 to review and hear program comments on the Alcohol and Drug Abuse Divisions' recommendations for discretionary funding. The Council's review and recommendation comprises the second phase of this award process. Carroll South, Department of Institutions Director, will provide the final review of the Councils' decisions.

Four program directors were present to furnish information regarding their respective funding requests. Few, if any, smiles were observed.

The third in a series of ADIS training sessions was held in Helena on June 17th. Previous training was provided in Miles City and Billings and the final sessions were presented in Great Falls and Missoula. Of principal interest was the new D.U.I. client. Reporting form to be put into use on July 1, 1985. Phyllis Burke, ADIS Coordinator for the Alcohol and Drug Abuse Division was the trainer.

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GOVERNORS WANT MILITARY TO INTERCEPT TRAFFICKERS

Washington - Governors of five southern, gulf coast states have called on Congress to change the law so the United States military can help intercept drug traffickers.

At the same time, the five governors, meeting at a "Southern Summit" here, discussed the idea of invoking the death penalty for large scale smugglers. There is large-scale trafficking of cocaine and marijuana from Latin America into the gulf-coast states.

Governors Edwin Edwards of Louisiana, George C. Wallace of Alabama, Mark White of Texas, William Allain of Mississippi, and Robert Graham of Florida called on Congress to pass new laws which would specifically allow the armed services to search out and capture drug smugglers.

In Washington, a spokesman for the department of defense said that the military at the moment is doing as much as it can to help under the strictures of current laws.

CERTIFIED SINCE THE LAST "HABIT" PUBLICATION

Susan Olson	Management/Supervision
Edward Wambolt	Chemical Dependency Counselor
Mark H. Simeon	Chemical Dependency Counselor
Stephen Lohning	Chemical Dependency Counselor
Don H. Miller	Chemical Dependency Counselor
Douglas D. Settles	Chemical Dependency Counselor
Barbara Hansen	Chemical Dependency Counselor
Kim Azure	Chemical Dependency Counselor
James Todd	Chemical Dependency Counselor
Ken Bionette	Chemical Dependency Counselor
Harvey Uken	Chemical Dependency Counselor
Chuck Michaud	Chemical Dependency Counselor
Peter J. Anderson	Chemical Dependency Counselor
Connie Krautter	Chemical Dependency Counselor
Richard Hankivell	Chemical Dependency Counselor
Richard Paumberger	Chemical Dependency Counselor
Ken Mordan	Chemical Dependency Counselor
Edie Kline	Chemical Dependency Counselor
Gregory Wonnacott	Chemical Dependency Counselor
Kathryn Huttman	Chemical Dependency Counselor

Total certified 344

CHANGES

As of July 1, 1985, The Sweetgrass County Alcohol and Drug Program at Big Timber will become a satellite office of the Southwest Chemical Dependency Services in Livingston.

Libby Antley will become Director of Recovery Foundation in Missoula on July 1, 1985. Steve Shumate, present Director, has resigned to devote full time to travel.

Swan River Youth Forest Camp is now officially named Swan River Forest Camp.

Scott Gibbs formerly with Shodair Adolescent Program will head the Phoenix Program in Helena this summer.

Marliss Johnson is the new Director of District I Alcohol Program with headquarters in Plentywood.

Herbert Lay is the new counselor at Boyd Andrew Service Center in Helena.

Paula Holter - New District I counselor at Glasgow.

Lynn Ramsey is the supervisor of the South Central Montana A & D Program in Billings.

Neysa Battleson - The new counselor with the District II program in Glendive.

Paul Podmajersky formerly counselor at Eureka now a counselor at Hill Top in Havre.

Resigned from Shodair Adolescent Program in Helena, the following: Judy Griffith, Patti White, Margo Duepner.

Bud Willard Returned from Alaska and is again the Director of the Lake County Chemical Dependency Program in Polson.

NATIONAL FEDERATION OF PARENTS FOR DRUG-FREE YOUTH (NFP) calling upon 5,000 grass roots parent groups to begin educating parents and children on harmful effects of cocaine. Survey of adolescent callers to 800-COCAINE hotline showed they suffered following effects from use of cocaine: 19% suffered brain seizures; 13% had auto accidents; 14% attempted suicide; 27% suffered episodes of violent behavior; 69% experienced a significant drop in grades; 31% were expelled from school; 44% became drug dealers to support their habit; 31% stole from families, friends or employers to buy more cocaine.

From: "Pulse Beats" Apr. 1985

From the Montana Beer & Wine Wholesalers Association Newsletter May 1985

Senate Bill 3 by Shaw -- To amend the Constitution by vote of the people in November 1986, to allow the legislature to set any minimum age for purchase or consumption of beverage alcohol -- effective January 1, 1987 if approved by the people.

House Bill 374 by Waldron -- Increases beer tax from \$4.00 to \$4.30 per barrel, increases wine tax from 20 to 27 cents per liter, beer tax increase to general fund; wine tax increase to alcoholism treatment earmarked fund -- effective July 1, 1985.

House Bill 215 by Miles -- Allows retailers to name beer brands on outside signs with temporary (10-day limit) marquee lettering -- effective October 1, 1985.

House Bill 334 by Gould -- Allows wholesalers to rent or furnish draft equipment (mobile coolers, etc.) -- effective October 1, 1985.

House Bill 236 by Pavlovich -- Allowing electronic poller machines upon payment of fees to state and local governments -- effective July 1, 1985.

Senate Bill 190 by Mazurek -- Allows in state breweries to operate tasting rooms effective March 22, 1985.

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MODERATE DRINKING RESEARCH GAINS WORLDWIDE RECOGNITION

A treatment method which helps early stage problem drinkers to reduce and maintain their new low level of consumption or to become total abstainers is now gaining worldwide recognition and praise.

Dr. Martha Sanchez-Craig's research findings were based on a study of 70 early-stage problem drinkers. These people were not physically dependent, had good jobs, and stable family lives. They were daily drinkers who averaged about 51 drinks a week before treatment.

Many of these people wanted help, but were reluctant to attend traditional alcoholism programs. Many postponed seeking treatment because they believed they would have to agree to lifelong abstinence. The subjects were also afraid of being labelled an alcoholic. It was the fear of losing their jobs, studies, or important relationships that motivated them to get help.

Therapy consisted of an average of six lessons. Six months later, the clients had reduced their average weekly alcohol consumption from 51 drinks to 13. This reduction was maintained over the two years the clients were followed.

As a result of the treatment, the majority became moderate drinkers (not exceeding 20 drinks per week) and remained socially amiable.

Dr. Sanchez-Craig indicated that moderate drinking was more acceptable to the clients than abstinence. Clients who were assigned a goal of abstinence developed moderate drinking habits on their own, although with more difficulty than those who were trained in techniques for achieving moderation. Clients who were assigned an abstinence goal also requested more aftercare sessions.

The field is shifting very rapidly to prevention of late-stage problem drinking. This is reflected by a commitment of the World Health Organization to a large scale study with two objectives: to develop procedures for early identification of problem drinkers, and to develop procedures for treating identified cases at a reasonable cost.

Countries involved with this study include Australia, Bulgaria, Costa Rica, Kenya, Mexico, Norway, United Kingdom, United States, the Soviet Union and Zimbabwe.

Dr. Sanchez-Craig has compiled her research and methods in the "Therapist's Manual for Secondary Prevention of Alcohol Problem". The manual is a straightforward guide outlining the research and procedures for tracking moderate drinking and abstinence. It is available from:

Addiction Research Foundation
Marketing Department
313 Pussell Street
Toronto, Ontario M5R 2 L1

ON THE SLIM SIDE

If you have decided to start a diet, remember that alcohol in its various forms, can add a substantial number of calories to your daily intake.

The following table gives the average calorie count for various alcohol beverages.

BEERS

Regular, 12 oz. (1 pint), 150 calories.

Malt Liquor Beer, 12 oz. (1 pint), 184 calories (ranges from 175 to 195).

Light, 12 oz. (1 pint), 102 calories (ranges from 68 to 150).

WINES

Dry, 5 oz. glass, 84 calories.

Semi-dry, 5 oz. glass, 95 calories.

Sweet, 5 oz. glass, 106 calories.

It is also important to remember that liquors are often very high in sugar content, therefore, they contain more calories than the drinks listed in the above table.

From: "Network" Ohio Department of
Health Newsletter

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TOBACCO: MORE DEADLY THAN ALCOHOL OR DRUGS

Tobacco may be as much as eight times more deadly than excessive use of alcohol and far more resistant to successful treatment than heroin addiction, says Dr. William Pollin, the director of the National Institute on Drug Abuse (NIDA). Pollin is urging doctors to start recognizing tobacco use as a stunningly fatal addiction -- and to begin treating it that way on death certificates, just as they would an overdose on street drugs.

The annual death toll from diseases attributed to smoking (350,000) is seven times the fatality rate of motor vehicle crashes and more than the total number of Americans killed in World War I, World War II and Vietnam combined.

Though Pollin noted that any attempt to introduce a tobacco-related form of Prohibition would undoubtedly fail, it appears that society would seek some appropriate way to inhibit the present degree of freedom to "push" its most prevalent drug of abuse - NICOTINE.

It is uncertain how Pollin proposes to solve the problem; however, it is known that Pollin favors cigarette pack warning labels far more stringently worded than those required under legislation passed last year.

The new labels, which will be used in rotation three months at a time, caution that smoking causes a variety of diseases and that quitting can improve health; however, the tobacco industry fought successfully against one warning label text that would have referred to tobacco use as ADDICTIVE.

From: "Network" Ohio Department of
Health Newsletter

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DESIGNATED DRIVERS

To combat one of the worst fatal accident rates in New York State, some 40 nightclubs and restaurants in the popular Long Island resort community of Southampton have agreed to serve free soft drinks to patrons who wear "Designated Driver" buttons. "It's an idea whose time has come," said Butch Warren, manager of the LeMans Discotheque. "It'll never be popular to be bombed on the highway again. We all have an obligation to our consciences as well as to the greater community at large."

From: Florida D.U.I. Program
Newsletter. Mar/Apr. 1985

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BOTTOM LINE ON COCAINE: Every day 5,000 more Americans try cocaine for first time, according to Lister magazine. Details from editor.

From: "Pulse Beats" April 1985

ALCOHOL AND THE PILL

NORMAN, Oklahoma - Women taking oral contraceptives should be cautioned about possible interactions of the pills with ethanol, report researchers from the University of Oklahoma, here. A study of 40 women showed that the 20 who were taking birth control pills had a significantly decreased rate of ethanol metabolism compared to 20 controls who were not taking the pill. The results were consistent throughout the menstrual cycle, reports the Alcohol Awareness Service of the United States National Institute of Alcohol Abuse and Alcoholism.

From: The Journal, Toronto, Ont. Canada
April 1985

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BOYCOTT THREATENED

REYKJAVIK - Smokers here are facing a double threat as the government institutes Europe's most stringent anti-smoking laws, and cigarette manufacturers threaten to retaliate with a boycott. Iceland must import all tobacco products, and international companies are angry about a government plan to force them to cover the fronts of packages with large health warnings, including illustrations of smoking dangers to specific body parts. Label changes have been postponed until July 1, but smokers face bans in most public places, including post offices, banks, and any building housing a nursery or school, as well as all public transportation including internal airline flights.

From: The Journal, Toronto, Ont. Canada
April 1985

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SCOTCH WHISKY GLUT

LONDON - Economic problems in many parts of the world have led to a surplus of Scotch whisky and forced the closing of 10 distilleries this month by Britain's biggest whisky-maker. Scottish Malt Distillers Ltd, a subsidiary of Distillers Co. P.L.C., said sales expectations for the next few years have dropped and, since whisky spends years in the cask maturing, production levels must be planned years in advance.

From: The Journal, Toronto, Ont. Canada
April 1985

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ORDER BEER BY THE GLASS, NOT THE PITCHER

It makes sense that if you order beer in a restaurant by the bottle or glass, rather than the pitcher, you'll probably drink less - or at least more slowly. Now, a psychologist from Virginia Polytechnic Institute has proven it. In a study of over 300 college students, E. Scott Geller, Ph.D., and his colleagues found that ordering beer by the pitcher tends to double a drinker's intake. Geller hopes to find other ways to make drinkers more aware of their habits and so be better able to regulate their drinking. (Psychology Today, Mar, 1985)

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MEXICAN ALCOHOLISM

MEXICO CITY - Alcoholism among Mexican women has reportedly doubled in the 10 years between 1970 and 1980, says a report in The Medical Post. A study by the Institute for Orientation and Defense of Women here, says alcoholism among women increased to one in five in 1980 from one in 10 in 1970. And, the group believes the ratio has been increasing since 1980. The new General Health Law which attacks the problem of alcoholism in Mexico, may arrest the trend and reverse it, the Institute says.

From: The Journal, Toronto, Ont. Canada
April 1985

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SOME ATHLETES SHUNNING STEROIDS... Dr. Bob Goldman, leading Chicago sports medicine physician, said nearly 200 athletes "in 24 hours" gave up anabolic steroids after report of six deaths last year attributed to the muscle-building drugs.

From: "Pulse Beats" April 1985

TOBACCO 'TEA BAG'

LONDON Health authorities here are calling for a ban on television advertising of "tobacco tea bags," and for the products, marketed as "Smol Pandits," to carry health warnings similar to other tobacco products. In a pilot campaign in the Liverpool area, the tea bag is being billed as "a new way to enjoy tobacco," or "tobacco satisfaction without lighting up," reports Medical News. The main advantage, says IIS Tobacco International Inc., which imports the product, is convenience - the accessibility of smokeless tobacco at times when smoking is prohibited or inconvenient.

From The Journal

Toronto, Ont., Canada Mar. 1985

PSILOCYBIN USE MUSHROOMS AMONG YOUNG EXPERIMENTERS

LOS ANGELES Traditional drug use surveys may be missing a trend to increasing psilocybin "magic mushroom" use among young people.

Researchers at the University of California (UCLA) department of psychology, here, say psilocybin use may be under-reported in surveys which query LSD or other hallucinogen use, without specifically mentioning mushrooms.

"People who take mushrooms may not be answering questions on psychoactive drug use, because they do not equate mushrooms with LSD the way researchers do," Douglas Anglin, Ph.D., and colleagues say.

A survey of 1,507 college students at UCLA and California State University, Northridge, showed that mushrooms are now the most widely used hallucinogenic drug. 14.8% of the total survey population reported lifetime use.

More striking, the researchers say, is that more than one-third of the reported hallucinogen users only use mushrooms.

But, the study shows extended use is uncommon, indicating that "psilocybin use is experimental in nature and that use by the general public is a recent phenomenon."

Hallucinogen use declined between 1975 and 1979, United States national surveys report. This was followed by a stabilization or slight increase until 1981, a trend the researchers say may be attributed to increased use of psilocybin.

One-third of the students surveyed said they had noted increased use recently. However, only 10% of the total sample had used mushrooms 10 times or more.

"The low frequency and few negative effects reported by students indicate that abuse is not a problem, nor is there evidence for predicting development of a problem," the researchers noted. However, they recommend better monitoring of the drug through revised questions on surveys to separate psilocybin from other hallucinogens, and through studies of behavioral aspects of the user population.

In the California study, two important characteristics distinguished users of mushrooms from non-users. Mushroom users were more apt to use other drugs, especially marijuana, cocaine, and alcohol. And, the onset of their use of these three other drugs was approximately one year earlier than for non-users.

"One of these results suggests that mushroom users may be more inclined to risk taking and sensation seeking behavior," the researchers report. "These results are not unlike those found for users of marijuana in studies made as early as 1951."

From The Journal

Toronto, Ont., Canada April 1985

USING FLOUR FOR CAIN, Oregon's marijuana and cocaine zone, some fifth and sixth graders in an inner New York City school are pretending they pretend to be big time drug dealers. They go "sub-way" for Ecstasy and for uppers and downers. Associated Press said game was discovered when a carload of police officer mentioned it to a teacher who was a member of the school's department. A school teacher had a long talk with the players, putting a stop to it.

From Toronto News April 1985

NEW YORK, NY The United States should have a National Institute of Addiction, says Joseph Califano, former US Secretary of Health, Education and Welfare. And, he said, putting more money into the field of alcoholism and drug abuse would have a "staggering" impact.

"There is no more important problem in health and human tragedy in the United States than addiction, and the number one piece of that problem, overwhelmingly, is alcoholism," he said.

Mr. Califano, now a New York attorney, told the gathering, sponsored by Grantmakers in Health, that a national institute was necessary because "until you have that kind of commitment...you can't get the best minds to work on it.

"We've got the best minds working on cancer, because they know the bucks are there," he said. "We're looking at a problem at least as intractable as cancer. To get really bright people to work at something where the odds are against making major breakthroughs, you've got to ensure them financing."

Currently, alcohol and addictions don't get their share of either public or private monies, he said. By one measure of funding, he said, "alcohol gets about 30 cents per patient, cancer gets \$66, cystic fibrosis \$131, and muscular dystrophy \$175 per victim."

Although people are better informed than they used to be about alcoholism, "we don't have a sense of how pervasive it is, touching every part of our society," he said.

To illustrate his point, Mr. Califano cited the following US statistics:

- There are at least 13 to 14 million alcoholics and problem drinkers in the US, among them three million teenagers. In a typical suburban community mental health center, 17% of the older patients are either alcoholics or problem drinkers. Every man, woman and child has a friend or relative who is a problem drinker.

- Drunk driving kills about 25,000 people a year, and alcohol is implicated in the deaths of from one-third to three-quarters of 8,000 pedestrians killed by automobiles.

- Cirrhosis kills 11,000 people a year.

- Hospital emergency rooms see more people because of alcohol abuse than any other reason, and one-third of general hospital admissions are related to the misuse of alcohol. Chronic brain injury caused by alcohol abuse is second only to Alzheimer's disease as a known cause of mental deterioration in adults. But not only do alcoholics consume a disproportionate share of the health care budget, so do their families. Five percent of all birth defects are due to alcohol abuse during pregnancy, and the use of health services by family members of alcoholics drops by as much as 60% six months after an alcoholic goes into treatment for alcoholism.

- "The best estimate we have suggests that the annual health and medical cost of alcoholism and heavy drinking approaches \$20 billion," said Mr. Califano. "The overall cost to the country is estimated to be \$120 billion in lost productivity and wages."

- Alcohol is involved in 76% of homicides, 50% of rapes, and 70% of child molestations. Routine screening of inmates in correctional facilities in New York State indicates that 40% have alcohol problems. Forty per cent of family court problems in New York City involve alcohol. Alcohol-related crime costs the nation an estimated \$6 billion a year.

Because alcohol abuse affects society in so many ways, Mr. Califano said, funding projects should not be left to organizations with a narrow focus on addiction or on health. He also pointed out that with a shift to health provision by profit-making organizations in the United States, some alcohol abusers - those with jobs, insurance, and a family - would be well-served while others would not be. He urged the grantmakers to see what they might do for those others.

While Mr. Califano was pessimistic about the chances of public funding in a time of budget-cutting, he was optimistic about the field in general. "I think we're very close to learning more, we're very close to major breakthroughs."

"We may not know what causes alcoholism, but we're learning. We may not have enough treatment capacity, but we're doing a better job of treating the alcoholic now than every before. We're getting better at identifying the disease earlier, and the earlier you identify it, the better the chance of treating it."

CLOVE OIL CIGARETTES

EDMONTON - Canadian youth may be exposed to new smoking hazards as Indonesian cigarettes flavored with oil of clove gain popularity among teenagers. Tee Guidotti, of the University of Alberta, department of occupational medicine here, warns that some additives in clove oil may be dangerous. These dangers are added to the hazard to lungs from tar and nicotine in the harsh tobacco used. Clove cigarettes became popular among California surfers in 1980 and sales have risen to \$100 million a year in the United States. Dr. Guidotti told The Globe and Mail the fad has now spread to Canada where the cigarettes are available through department and variety stores.

From: The Journal
Toronto, Ont. Canada April 1985

GAMBLING STUDY

TORONTO - A \$25,000 contract to study the social effects of compulsive gambling has been awarded to The Canadian Foundation on Compulsive Gambling (Ontario). The Foundation was established in 1983 to increase public awareness of pathological gambling. The grant from the provincial ministry of community and social services will assist development of treatment programs and dissemination of information, reports The Medical Post.

From: The Journal
Toronto, Ont. Canada April 1985

ANXIETY ON THE BRAIN

WASHINGTON - An "anxiety chemical" found in human brains has been isolated by researchers of the United States National Institute of Health. The chemical, a complicated protein, causes anxiety and reverses the effects of such drugs as Valium (diazepam) and Librium (chlordiazepoxide), says The London Sunday Times. Researchers think the discovery may lead to better anti-anxiety drugs.

From: The Journal
Toronto, Ont. Canada April 198

PORTRAYAL OF ALCOHOL ON TV SOAP OPERAS

Research conducted at the Prevention Research Center, supported by the NIAAA, shows that afternoon television programs provide many opportunities to educate viewers about alcoholism. So far, researchers have found that writers of soap operas present alcohol problems accurately and "response to crisis" drinking usually receives negative response. It appears that the public is ready to receive information about alcohol through such programming. This is important since statistics show that the TV is on 7.1 hours a day in the average household. The popular soap opera, "All My Children," is watched by 9 million viewers, many of whom are youth. (Wallack, L. Breed, W. and De Foe, J.R. Alcohol and soap operas: drinking in the light of day. paper presented at the 112th annual meeting of the American Public Health Association, Anaheim, California, November 1984).

From: NIAAA "Prevention Pipeline"

'DESIGNER DRUGS', so new they're not yet illegal (chemical relatives of legitimate drugs), produce euphoric, addictive effects like heroin and have been linked to at least 77 overdose deaths in northern California. In fact, there's evidence of a designer epidemic, according to James Rutenber, Centers for Disease Control (CDC), in Atlanta. (CDC is studying surge on one such drug in San Francisco area that caused Parkinson's disease symptoms such as body tremors).

From: "Pulse Beat" April 1985

COCAINE 'FAMILIES' EYEING EUROPEAN MARKETS

GENEVA - A group of Colombian crime "families" who control the saturated cocaine market of the United States are aggressively expanding their operations into Canada and Western Europe.

The United Nations World Health Organization (WHO) says cocaine abuse has reached "epidemic levels" in the Americas, and it is spreading rapidly in Europe. A group of experts brought together by the WHO has called on governments to give the "highest priority" to combatting the health problems arising from "spiralling cocaine abuse."

Six Colombian families control much of the \$80 billion global cocaine traffic. During the past two years, they have inundated the lucrative US markets with the drug. As a result, street prices are falling and the gangs must establish major, fresh sales outlets. Hence, the vigorous current expansion of their smuggling operations north of the Canadian border and across the Atlantic.

The smuggling rings, which are held responsible for the recent murder of Colombian Justice Minister Rodrigo Lara Bonilla, were able to establish themselves, over time, in the US because cocaine had been considered a "safe" drug.

"Now, more than one million US citizens are in need of professional help with their cocaine problems," says Francis Mullen, director of the US Drug Enforcement Agency (The Journal, March). Mr. Mullen visited Europe recently to warn colleagues against concentrating efforts and resources in the fight against heroin while ignoring the risks from cocaine.

WHO experts in Geneva describe cocaine as "the most dependence-producing available drug" on the black markets. They consider that the rapid spread of cocaine addiction has emerged as a major threat to public health. They have urged the UN system to develop a common strategy and action plan to treat the health problems arising from cocaine abuse, and to seek measures to prevent continued spread of the illegal trade.

Interpol in Paris believes that at least 80 tons of cocaine was smuggled into Europe last year, largely through Madrid and Frankfurt, at a street value of \$4.5 billion, three times more than in 1983. And the UN's International Narcotic Control Board (INCB) in Vienna said earlier: "Seizures have risen sharply...showing that cocaine has become a major drug of abuse and that trafficking has gained a firm foothold in Western Europe. Most of the seizures were made in airports or international trains in route from an airport to a country of consumption."

The INCB says cocaine has also become the second most popular drug of abuse (after cannabis) across Canada. Cocaine enters Canada by air or sea via Montreal, Toronto, Vancouver, or across the country's more than 6,000 kilometre border with the US. The first Canadian laboratory for the conversion of coca paste into cocaine hydrochloride was recently discovered following a big drug seizure in Montreal.

Several clandestine cocaine conversion laboratories have been discovered also in the US, particularly in the Miami area.

WHO experts say that the smoking of coca paste by urban youth in the producing countries of Latin America has also emerged as a widespread and dangerous phenomenon (The Journal, May 1984). Colombia, Bolivia, and Peru, the dominant producers, are all committed to various internationally supported programs to reduce or eliminate cultivation; and Colombia's widening war against the drug trade recently led to a world record seizure of 10 tons of cocaine and coca paste as well as 14 conversion laboratories and chemicals, weapons, and aircraft.

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MUNICIPALITY OF MILLBURN, NJ, is enforcing a local ordinance, adopted in February 1983, and upheld as constitutional by its municipal court judge in February 1985. Law prohibits serving, or allowing serving, of alcohol to minors, except for blood relatives. A Millburn stockbroker, who was home when his daughter had a "Sweet 16" bash, where police found 180 beer cans, was convicted of violating the ordinance. Local law calls for punishment of up to \$500 or six months in jail...Geraldine Silverman, chrm, Drug Awareness Committee, Millburn PTAs, pushing for a similar state law in NJ, and in other states. The punishment is minor, she told Pulse Beats. Most people would spend more than \$500 simply fighting the arrest, she said, adding that no one is likely to spend a day in jail. The power of the law (and its effectiveness) lies in the unfavorable (and unwanted) publicity to those apprehended. A positive spinoff is that it give parents a good, solid reason to say "no." For details contact: Geraldine Silverman, 23 Audubon Court, Short Hills, NJ 07078. Phone 201/376-8927.

From: "Pulse Beats" April, 1985

SCHIZOPHRENIA-LIKE ILLNESS SPARKED BY ALCOHOL ABUSE?

BANFF - Alcohol causes a type of schizophrenia like illness, a psychiatrist here believes.

Speaking at the Canadian Psychiatric Association's annual meeting here, Peter Hays, professor and vice-chairman, department of psychiatry, University of Alberta, said that where alcoholism rates are high, as in Ireland, the incidence of paranoid schizophrenia among males is also high.

However, he added, the American Psychiatric Association's diagnostic manual (DSM-III) has moved away from the alcohol-causation theory and suggests only a tenuous connection. In it, alcoholic hallucinosis is regarded as a rare syndrome associated with alcohol withdrawal, rather than use.

To test whether schizophrenic patients with a history of alcoholism are different from those without such a history, Dr. Hays and a co-investigator selected 20 patients with DSM-III diagnosed schizophrenia and antecedent alcoholism and a control group of such schizophrenics with no antecedent alcoholism.

"When the alcoholic patients were compared with the non alcoholics on an 18 item questionnaire, it was clear that the alcoholics showed a much greater familial tendency to alcoholism. Alcoholics had commonly done things of which they were ashamed. Their illness was frequently hallucinatory from the start. Visual hallucinations were seen much more frequently than in the general run of schizophrenics. An elevated mood was comparatively uncommon, as was thought disorder."

Dr. Hays concluded that these finds support the proposition that alcohol abuse, rather than alcohol withdrawal, causes one of the schizophrenia-like illnesses, with a syndrome marked by a hallucinatory onset and, at its height, by visual hallucinations and delusions.

From: The Journal March, 1985

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MARRYING OUT OF HIGH SCHOOL IMPACTS ALCOHOL AND OTHER DRUG USE

The Alcohol Research Information Service reports that young people who get married after high school tend to drink alcohol and use marijuana and other drugs less than those who continue to live with their parents, live alone, live with a lover, or choose group living arrangements. These findings are from a survey conducted by the University of Michigan's Institute for Social Research. (Bachman, J.G.; Johnston, L.D.; and O'Malley, P.M., University of Michigan, Institute for Social Research).

From: NIAAA "Prevention Pipeline"

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ALCOHOL-RELATED PROBLEMS ARE HIGHEST AMONG THE POOR

Analysis of population characteristics at the county level indicates that alcohol and other health-related problems occur more often among the poor. Deaths from long term heavy alcohol use, accidents, homicide, and suicide are high in one parent households and households with crowded living conditions. High rates of these problems tend to happen more often in counties with low educational levels. These areas also suffer high rates of alcohol-related traffic fatalities. Many residents of these counties tend to live in rural areas and in placed with a relatively high proportion of trailer dwellings. (Alcohol Epidemiologic Data System 1984).

From: NIAAA "Prevention Pipeline"

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ILLINOIS DRUG EDUCATION ALLIANCE (IDEA), in April 1985 newsletter, said McDonald's Restaurants mailed 1,500 public service announcements (PSAs) to radio stations with large numbers of teenagers in listening area. the PSAs carried a "don't use" message....A 20-minute film, entitled "Say What," aimed at reaching youths between 12 and 15, will be released to communities through local franchises....Name of new project is "Get It Straight."

From: "Pulse Beats" May 1985

PER CAPITA CONSUMPTION TRENDS

When counties and States were ranked by seven indicators of alcohol-related mortality, New Mexico and Nevada were found to have the highest estimated death rate per 100,000 (82.1 and 75.4, respectively) while Maryland and Iowa had the lowest (25.2 and 21.3, respectively).

Per capita consumption of absolute alcohol remains highest in the West Census Region during 1980-1982 (3.2 gallons). The South had the lowest apparent consumption (2.55 gallons). The gap was widest for wine (0.60 gallons and 0.23 gallons for the West and South respectively). Numbers are based on sales figures. During the period 1980-1982, there was a reduction in yearly apparent per capita consumption of absolute alcohol for the West, South and North Central Census Regions (3.6 percent, 2.3 percent, and 1.5 percent respectively). The Northeast Census Region had a gain of 0.9 percent during this period. These numbers are based on sales figures.

Estimates based on sales figures suggest that in recent years per capita consumption of distilled spirits has declined, while per capita consumption of beer and wine has increased among the drinking age population.

(Source: Alcohol Epidemiologic Data System. For more information call (202) 842-7644).

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'FORTUNES' ARE SPENT TO KEEP WOMEN SMOKING CIG INDUSTRY GETS DIRECT HIT

TORONTO - Cigarette smoking is a feminist issue, and women need to be reminded periodically, says the dean of nursing for Queen's University, Kingston, Ontario.

As part of her keynote address to the Ontario Advisory Council on Women's Issues conference on women and health here, Alice Baumgart, Ph.D. took direct aim at the tobacco industry.

"When one leaves aside the escalation of defence spending, one of the most vigorous members of the pro-death lobby is, of course, the tobacco industry," she said.

She noted that despite a marginal turnaround in statistics in the last year in Canada, females continue to be North America's fastest growing group of smokers, and the current lung cancer epidemic among women is almost totally attributable to smoking.

Looking at women's magazines as purveyors of messages about the appropriate role and aspirations of women, Dr. Baumgart said there is "ample evidence of how the tobacco industry spends a fortune each year to maintain high levels of smoking among women and really forestalls any feminist opposition."

She said it has been noted there is a virtual silence about the issue in feminist circles.

"In the constrained economic environment, surely this is one issue on which women can get together and help reduce the health risks to which women continuously succumb."

From: The Journal
Toronto, Ont. Canada April 1985

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SMOKING EMPLOYEES cost American industry \$39 billion a year....C. Everett Koop, surgeon general of the U.S., says they are less productive and have higher rates of absenteeism....He was recently on hand to help Cigna Corp, a major insurer, launch a company-wide anti-smoking campaign.

From: "Pulse Beats" May 1985

COMPREHENSIVE CRIME CONTROL ACT, new federal law less than a year old, allows local police to keep 60% of the proceeds seized in drug raids. Federal government gets the rest. Chief Craig Meacham, West Covina, CA, whose department recently received \$356,000 as its share of money seized in West Covina, last November, is proposing establishment of a separate, interest-earning account....Chief is suggesting to city money could be used to buy equipment, pay drug informants, and pay overtime for narcotics officers.

From: "Pulse Beats" May 1985

NEW YORK CITY - The prospective payments system now being implemented in the United States for Medicare payments is "potentially disastrous for alcoholism."

Leonard Saxe, Ph.D., associate director of the Center for Applied Social Science at Boston University, told The Journal the system, known as diagnosis-related groups (DRGs), pays hospitals according to the diagnosis, and not for the number of acts or the length of stay.

"My concern about DRGs and alcoholism is that DRGs are insensitive to the way alcoholism and alcohol-related disease manifests itself," Dr. Saxe said, following a meeting on alcoholism here sponsored by Grantmakers in Health.

Dr. Saxe said that the switch to reimbursement based on DRGs is the largest change in medical economics in the United States since the institution of Medicare in the 1960s. DRGs are currently in effect for Medicare patients (over age 65) in hospital, and are expected to be extended to Medicare out-patients. It is expected also that many private insurers will adopt the system.

DRGs are believed to have the potential for reducing unnecessary treatment. But, unlike another scheme of prospective payments, health maintenance organizations that are based on capitation, (HMOs) are organized around the treatment of one episode of one disease. Therefore, while health maintenance organizations are not likely to skimp on treatment if it will result in later complications or other diseases, the incentives of the DRGs will be to treat one episode of one disease as economically as possible. This presents several problems for the alcoholic, Dr. Saxe said.

While people who do receive treatment for alcoholism in the US are probably overtreated, the disease as a whole is undertreated. Dr. Saxe is the author of a report for the Office of Technology Assessment, which concluded that while few randomized, controlled clinical trials have shown which treatments for alcoholism are effective, in general any form of treatment seems to be better than no treatment. The report strongly urged that out-patient treatment be encouraged as opposed to the more expensive in-patient treatment.

- ° Alcoholism requires treatment most frequently with co-morbid conditions, and the co-morbid diagnoses such as liver disease may result in greater payments to hospitals than the diagnosis of alcoholism.
- ° While guidelines do exist to prevent gross undertreatment of disease, they are better adapted to diseases other than alcoholism. Patients readmitted to the hospital within six months of their treatment with the same disease, for example, would have to be treated under the same payment. This would discourage "treating appendicitis with a Bandaid." But "alcoholics will be able to stay out on the street without the necessity of readmission," even though their disease has not been cured.
- ° The fact that payments for DRGs are based on the average length of stay has already created problems for treating alcoholism.

"The average length of rehab might be fine for a suburban hospital, since the best predictor of success is social stability," but the same length might be grossly inadequate for inner-city patients.

Dr. Saxe added that DRG-based payments for alcoholism have been temporarily suspended until October 1, 1985 in an attempt to work out some of the problems.

From: The Journal
Toronto, Ont. Canada April 1985

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THREATS AGAINST COURTS, judges and others have increased alarmingly in recent years, U.S. Marshals Service Director Stanley Morris told a House subcommittee. Despite use of sophisticated countermeasures and advanced training, said Morris, "Threats against judges rise as trials of terrorists, organized crime figures, Colombians and other drug traffickers become more common." Proposed legislation to strengthen the Marshals Service, at least report, had not yet cleared Justice Department.

From: "Pulse Beats" May, 1985

NEW YORK CITY'S HOMELESS BURDENED BY ADDICTIONS

NEW YORK CITY - Sixty-six percent of the homeless population here have been previously enrolled in drug treatment programs, one quarter are regular users of hard drugs, at least one-third currently abuse alcohol on a regular basis. And a study released by Senator Frank Padavan, chairman of the New York State Senate Committee on Mental Hygiene and Addiction Control has found 35% of the homeless are mentally disabled.

The report called the homeless population, which numbers between 40,000 and 60,000 individuals here, "a direct consequence of New York State's failed mental hygiene and social service policies."

When the state mental health system began to deinstitutionalize several years ago, says the report, "New York concentrated nearly all of its efforts on identifying the discharging individuals." In the area of follow-up care and support services, according to the report, the system failed.

Economic factors such as unemployment and lack of low-income housing have exacerbated the problem, says the report, but Senator Padavan disagreed with State Governor Mario Cuomo, who called today's homelessness a problem of poverty, not pathology.

In disagreement with Gov. Cuomo, the report says the homeless mentally ill and substance abusers primarily need treatment. Recent efforts to relieve the plight of the homeless, however, have concentrated on housing initiatives and temporary shelters.

The report points out that the State of New York now has the capacity to provide alcoholism treatment services to approximately 1,215 individuals per year. "It can be estimated that 13,200 individuals within the homeless population alone require some type of intensive alcoholism treatment."

As for drug abusers, the report points out, New York State drug treatment programs during the 1983-84 fiscal year operated at 99% capacity and, at most facilities, individuals were put on waiting lists before being admitted. There is only one residential program specifically targeted to homeless individuals.

"With the demand for substance abuse services at an all-time high, the homeless individual in need of these services is the least likely to receive them," the report concludes.

From: The Journal April 1985

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BELIZE, a former British colony, is ranked as the fourth major foreign supplier of marijuana to the United States. Leading three are: Colombia, Jamaica and Mexico. Editor's Note: Increasing amounts are grown at home.

From: "Pulse Beats" May, 1985

TEENAGERS account for less than 10% of U.S. population but represent closer to 20% of motor vehicle fatalities. Insurance Institute For Highway Safety (IIHS) recently listed some programs that work in reducing crash deaths and injuries: 1) Enact curfew laws, which could halve crash involvement of 16 year-olds during curfew hours; 2) Raise minimum age of licensure to 17 to achieve 65% to 85% reductions in fatal crashes involving 16-year-olds without increasing fatal crash rates at older ages; 3) Raise alcohol purchasing age to 21 years old in all states to save hundreds of lives every year; 4) Eliminate high school driver education, which has effect of increasing number of 16- and 17-year-olds who are licensed, says IIHS, without decreasing crashes per licensed driver; 5) Require seat belt use, because voluntary belt use is low in all age groups, especially among teenagers; 6) Reinstate motorcycle helmet use laws; and 7) Implement long available crash-packaging technologies and clean up roadside hazards. (The seven programs together would mean continued life and productivity for many of the 10,000 teenagers expected to die in a year's time as a result of motor vehicle accidents.)

From: "Pulse Beats" May, 1985

METROPOLITAN LIFE FOUNDATION FUNDS NEW
ALCOHOL EDUCATION FILM PACKAGE

NEW YORK, May 13, 1985 -- A ten part film program has been produced through a \$305,000 grant from Metropolitan Life Foundation to supplement an American Automobile Association (AAA) Foundation for Traffic Safety program it was announced today.

The grant was used to develop nine new films and a filmstrip to accompany the AAA Foundation's "Starting Early," an alcohol awareness curriculum for children in kindergarten through grade 6.

The films were developed through a collaborative effort between Metropolitan's Health and Safety Education Division and the AAA's Foundation for Traffic Safety. The film series was produced by Amram Nowak Associates.

"For more than 60 years, Metropolitan has been committed to the health education of children, including information about alcohol abuse," said John Creedon, president and chief executive officer of Metropolitan Life Insurance Company. "We believe that young children can be taught to develop the confidence and skills to avoid alcohol and other health hazards in later life, and that teachers welcome effective materials like the "Starting Early" curriculum," he added.

The need for alcohol and safety education programs in elementary schools is underscored by the following facts:

- Alcohol is a contributing factor in about 50 percent of all highway fatalities
- More than three million teenagers have drinking problems each year
- The rate of youthful alcoholism and problem drinking is rising, even among those as young as eight years of age
- Forty-five percent of fourth, fifth and sixth graders in one government study considered themselves to be alcohol users, with eight percent of the youngsters stating that they drank at least once a week.

The "Starting Early" curriculum itself was developed at Teachers College, Columbia University. Curriculum materials were field-tested nationally. The program is currently being implemented in schools across the United States.

The new "Starting Early" film series comprises two alcohol informational films for grades 4-7; six brief films to trigger discussion in grades 3, 4 and 5; one teacher orientation film; and a filmstrip for use in grades kindergarten through two. Film titles are: HIDDEN DANGERS, ALCOHOL-THE UNLABELED DRUG, ANYTHING TO BE A BIG BOY?, DO WE OR DON'T WE?, MTV: IT'S YOUR RIGHT TO SAY "NO", HIM OR ME?, SHOULD HE TELL?, IS IT TIME TO STOP PRETENDING?, ALCOHOL EDUCATION THE TEACHER'S ROLE, and FROGGY AND DODO HELP AT A WEDDING (filmstrip). Each film serves as a basis for classroom discussion emphasizing not only alcohol information but personal decision-making.

The film series is available through AAA affiliated clubs or the AAA Foundation for Traffic Safety, 8111 Gatehouse Road, Falls Church, VA 22047, (703) 222-6891.

From: Metropolitan Life Foundation
Newsletter

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NEARLY 95% of those arrested and tried for marijuana offenses continue to use marijuana, according to Wallace C. Mandell, professor of mental hygiene, Johns Hopkins University School of Public Health. He's director of a research project funded by National Institute on Drug Abuse (NIDA).

From: "Pulse Beats" May, 1985

IN INTERVIEW WITH FBI DIRECTOR WILLIAM WEBSTER, editors of U.S. News & World Report asked, "Are you flatly opposed to legalizing drugs?" Said Webster: "Yes. Legalizing drugs would send a devastating signal that this country is willing to abandon its traditional values and surrender to drug abuse. I'm serious when I say that we could become a nation of hopheads."

From: "Pulse Beats" May, 1985

DRUG ABUSE PREVENTION CLUB

The "Just Say No" clubs concept is a product of the Oakland Parents In Action Project. The first "Just Say No" club was formed by a group of fourth and fifth grade students at one of North Oakland's elementary schools. After viewing the film "How Do You Tell," students were challenged by their school principal to say how they would respond if offered drugs; the overwhelming response was "Just Say No". As an outgrowth of subsequent discussions lead by Oakland Parents In Action and school staff, a student suggested that a "Just Say No" club be formed to help kids resist the pressure to use drugs. Thus, the first "Just Say No" club was organized with students from this discussion group. Captains were chosen from four classrooms and given an explicit assignment to recruit their friends to become members; within a few days, more than forty kids joined the club. "Just Say No" clubs offer young students a forum through which they can make a statement about their opposition to drugs and receive support from their peers and adult advisors as they resist pressure to use drugs and offer encouragement to their peers to do the same.

"Just Say No" clubs have spread from Oakland to Atlanta to Indianapolis to the District of Columbia in a relatively short period. New clubs are also being formed in other States, including Alabama, Illinois, and Missouri. The formation of new clubs were, in large measure, an outgrowth of a Black Family Network workshop hosted by Oakland Parents In Action in February 1985. During the workshop, participants were provided an opportunity to learn about the Oakland Parents In Action Project and its many successes. Among the issues discussed was the evolution of the "Just Say No" clubs. The personal testimony of club members and the presentation by the principal from the school where the first "Just Say No" club was formed was persuasive enough to encourage participants to make a commitment to return to their communities to organize similar clubs. "Just Say No" clubs are likely to be formed in communities across the country.

From: NIDA Prevention Information
Letter - June 1985

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